

Homemade Finger Paint

Ingredients:

4 tablespoons cornflour

A little water from the tap

A full jug of boiling water (not just hot)

Food colouring

Method:

- Put the cornflour in a large, heatproof bowl, add a little water from the tap and mix until you have a smooth paste (like custard!)
- Boil your kettle and slowly add the boiling water with one hand, while whisking with the other hand.
- The mixture will thicken as you add the boiling water, stop when you are happy with the consistency.
- Stir through edible food colouring of your choice.

- Cover a table in paper (we suggest outside), pop on a smock and go for it. Have a bucket of water near by for washing little hands.
- Use the paint with some tools, such as brushes, sponges or sticks to help build fine motor skills.
- Pop the paint in zip lock bags and tape to the window for a mess free sensory activity.

FAMILIES

Tasmania